

Ontario Yellow Table Turnips (Rutabagas)

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DEPARTMENT OF AGRICULTURE AND FOOD

PARLIAMENT BUILDINGS, TORONTO

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**Ontario Yellow Table Turnips
(Rutabagas)**

Prepared by
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Ontario Department of Agriculture and Food
Toronto, Ontario

TURNIPS ON THE MOVE

The “lowly turnip”—not any more! Today’s improved Ontario table turnips, and a wide scope of exciting serving ideas mean the turnip has gone modern in a big way. It is no longer turnips just boiled and mashed and served with the Christmas or Thanksgiving turkey.

More and more wise consumers choose turnips often, for a vegetable that is low-cost, high in Vitamin C, and a delicious teammate or solo performer on the dinner table. Turnips can be baked, diced, mashed, creamed, glazed, fried, added to casseroles, stews or soups, or served raw in salads.

Ontario table turnips are one of the most colorful, best-value, and uniquely flavored vegetables the housewife can buy.

Modern turnip
means good taste.



WHERE IT ALL BEGAN

Turnips have been known and cultivated for over 4,000 years, probably originating in China or India. On his third voyage to Canada, in 1541, Jacques Cartier wrote that he planted “seeds of our country”, including the ever-popular turnip.

However, today’s yellow table turnip is really a descendant of a much later Swedish variety called *Rotabagge*, the Scandinavian term meaning “round root”. This variety was introduced into Scotland in 1879 and subsequently the seed made its way to Canada.

Like everything else, turnips have improved with advances in research and farm technology. In 1938, a Canadian developed the Laurentian yellow turnip, a variety that has a much sweeter disposition and finer

texture than its turnip ancestors. It is this strain of the yellow turnip that now appears on a growing number of dinner tables, as more and more enthusiastic consumers discover its popular appeal and unique flavor.

These same yellow turnips are exported south of the border, and are annually purchased by millions of American housewives who know them as "the delectable Canadian Rutabaga".

Table turnips in Ontario or Rutabagas in the United States, perhaps Ontario consumers have been missing out on some exciting taste sensations with turnips.

WHY BUY TURNIPS?

A Real Food Bargain

—Low cost for high taste appeal and good food value make turnips a welcome item in today's food budget.

Winter Source of Vitamin C

—A medium turnip contains about 43 mg Vitamin C, and is a helpful and economical means for meeting our daily requirement for this vitamin.

Low in Calories

—One-half cup of diced turnips has only 25 calories.

Long Storage Life

—Waxed turnips stored properly at home can maintain their vitamin content and good eating quality for many months.

A Good Mixer

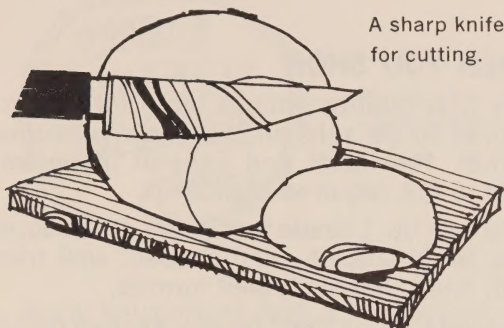
—Turnips combine appetizingly with potatoes, carrots, apples, and several other fruits and vegetables to give a large variety of colorful and interesting dishes.

Sized Just Right for You

—Turnips come in four sizes, making it easy to select the one most convenient for the family's needs.

Bright Color Spot in Winter Menus

—Turnips add bright color while their flavor teams up with pork chops, pot roast, shoulder of lamb, and of course, roast turkey or chicken.



THE TALE OF A TURNIP

The table turnip crop in Ontario represents a farm value of almost \$3,000,000. Beginning in late August and continuing into November, turnips are harvested, mainly in Western Ontario, and are made ready for the consumer markets at home, and the export markets in the United States.

Although most turnips are now harvested mechanically, they must still be hand-trimmed to ensure the most attractive and regular shapes, with no waste. The trimmed turnips are then graded, carefully washed, and dried, ready to be waxed.

At special waxing plants, a thin coating of wax is applied to help prolong the turnip's storage life, to prevent loss of moisture, to retard the loss of Vitamin C, and to seal in the good flavor. Altogether, turnip growers invest in mechanical equipment worth many thousands of dollars in order to provide consumers with the highest quality turnips possible.

After waxing, the turnips are packed in bags or cartons, as required, and shipped to waiting markets. The remaining crop is stored in turnip storage buildings especially constructed with carefully controlled temperature and humidity, in order to maintain high quality.

This means that turnips, freshly waxed from controlled storage, can be available to consumers for some eight months following harvest, with the peak supply during October and November.

WHEN YOU SHOP

Only first quality Ontario table turnips are allowed to be sold on the fresh consumer market. Provincial and Federal Inspectors enforce the required standards.

Canada No. 1 Grade turnips must be sound, firm, fairly smooth, well shaped, well trimmed, and reasonably well formed.

Waxed turnips must be well washed before the wax can be applied.

Canada No. 1 Grade turnips are conveniently classified according to the following sizes:

Small—2" to 4" in diameter,

Small medium—3½" to 5" in diameter,

Medium—4" to 6" in diameter,

Large—5" and over in diameter.

When shopping for turnips, select those that are well formed, reasonably smooth, firm and heavy for their size. The Laurentian variety is by far the main turnip on the consumer market and is distinguished by its round, yellow body with wide, deep purple mantle, and fine, yellow flesh.

Some handy shopping information—1 lb turnip, diced and cooked = 2 to 2½ c or 2 to 3 servings.

AT HOME

The high quality, flavor, and vitamin value of turnips are best maintained when they are kept at a temperature of 32 to 33°F. The refrigerator vegetable crisper or a cool basement are probably the best choices for home storage.

When preparing turnips for cooking, a thin slice cut across the bottom gives a flat, steady surface for further slicing. A sharp kitchen knife is essential.



Waxed for
preservation.

Many housewives find it most convenient to slice the turnip in thin vertical slices. The outer waxed skin is then peeled from each slice. Cover the cut face of the remaining turnip to refrigerate.

FREEZING TURNIPS

Turnips are one of the very few vegetables that do not require blanching before freezing. After cutting and peeling, dice the turnip into $\frac{1}{2}$ " cubes. Then package in moisture, vapor-proof freezer wrap or bags, seal tightly, and freeze immediately.

TRY TURNIPS

ON TOP OF THE STOVE

Quick cooking in only a little water means the best flavor and highest retention of vitamins.

To Cook Turnips

- Use only enough boiling salted water to cover (white or brown sugar to taste may be added if desired).
- Cover pan tightly.
- Cook only until crisp-tender— $\frac{1}{2}$ " turnip cubes take from 15 to 20 min.
- When tender, drain, mash if desired, add butter, salt and pepper to taste, and serve immediately.

Variations

Easy dress-ups mean many different turnip tastes.



Dressed up for variety.

Add to Mashed Turnips

- A dash of **nutmeg**, or a little **rosemary** OR chopped **parsley**, along with butter.
- A little **brown sugar**, 1 to 2 tsp.
- Grated **cheddar cheese**, $\frac{1}{2}$ to 1 c.
- 2 tbsp butter with $\frac{1}{4}$ tsp of whole **basil**, OR **chili powder**, OR chopped dried **chives**, OR **onion powder**, OR whole **savory leaves**, OR **thyme leaves**.
- To each 2 lbs turnip (cooked and mashed) add: $\frac{1}{2}$ c **orange juice**, $\frac{1}{4}$ c brown sugar, ground ginger to taste and 3 tbsp butter.
- Sprinkle lightly with finely grated orange rind. Reheat and serve.
- To each 2 lbs turnip (cooked and mashed) add: $\frac{1}{2}$ tsp celery salt, 1 c **sour cream**, $\frac{1}{4}$ tsp ground ginger (optional) and $\frac{1}{8}$ tsp pepper. Serve immediately.

Turnips as a Teammate

With Carrots (Serves 6)

- Combine 2 c cooked turnips with 2 c cooked carrots, and mash or chop together.
- Add 2 tbsp butter and season to taste.
- If desired, minced onion or lemon juice may be added to taste.

With Carrots, Peas and Celery

- Cook together until tender, equal portions of finely cut turnips, carrots, and celery.
- Add $\frac{1}{3}$ quantity of cooked peas, heat through, drain, season, and serve.

With Mushrooms and Peas

- Cook together until tender, $1\frac{1}{2}$ c diced turnips, 2 c fresh or frozen green peas, and $\frac{1}{2}$ c sautéed mushrooms (fresh or canned),
- Season with 1 tbsp butter and salt and pepper to taste.

With Apples (Serves 6)

- Cook 4 c diced turnips for 10 min.
- Add 2 medium apples, peeled, quartered, and cored.
- Continue cooking until turnips are tender.
- Drain, mash, and add 2 tbsp butter, 2 tsp sugar, and $\frac{1}{8}$ tsp pepper.
- Whip and serve with pork, ham, or poultry.

Panned Turnips

- Peel turnips and cut in slices $\frac{1}{4}$ " thick.
- Boil until tender in salted, boiling water (containing 1 tsp sugar if desired).
- Panfry in butter or shortening until golden brown.
- Season to taste, and serve with roast pork or other meats.

Note—the boiled turnip slices may be dipped in beaten egg and then in bread crumbs mixed with $\frac{1}{4}$ tsp salt, before browning.

Creamed Turnips

1 medium turnip	1 c milk
1 tbsp butter	1 tsp salt
1 tbsp flour	$\frac{1}{4}$ tsp pepper

- Cook diced turnip in small amount boiling salted water, until tender.
- Make white sauce—melt butter in top part of double boiler, add flour and seasonings; blend until smooth.
- Add milk gradually, cook until thickened and no taste of raw starch remains.
- Add drained cooked turnips.
- Season to taste and serve.

Cheese-Scalloped Turnips (Serves 4)

1 c water	1 tsp salt
3 c thinly sliced turnips, (about 1½ lbs)	few grains pepper
½ c sliced onion	1 tbsp butter
⅓ c diced celery	½ c grated Cheddar cheese
⅔ c sliced green pepper	½ to 1 tbsp cornstarch
	¼ c cold water

—Add turnips, onion, celery, green pepper, salt and pepper to the 1 c boiling water.

—Reduce heat to low, cover; simmer 20 to 30 min until turnip is fork-tender.

—Do not drain.

—Add butter and cheese.

—Combine cornstarch and the ¼ c cold water, and stir into above.

—Cover and simmer, stirring occasionally until cheese melts.

—Season further, if necessary, and serve.

Lemon Turnip Sticks (Serves 4)

2 c turnip sticks	1 tsp lemon juice
1 tbsp butter	2 tsp snipped parsley (optional)
1 tsp finely chopped onion	

—Cook turnip sticks in boiling salted water until tender.

—Drain and add remaining ingredients.

—Toss to coat.

Mashed Turnip-Potato Supreme (Serves 6)

6 c diced turnips	1 tbsp sugar
2 c diced potatoes	¼ tsp black pepper
2 c boiling water	1 c grated Cheddar cheese
1 chicken bouillon cube	2 tbsp minced onion
2 tsp salt	chopped parsley for garnish

—Dissolve the chicken bouillon cube in the boiling water.

—Add turnips, potatoes, salt, and sugar.

—Bring to boiling point and cook until turnips are tender.

—Drain, mash, and add pepper, cheese, and onion.

—Beat until fluffy, and garnish with parsley if desired.

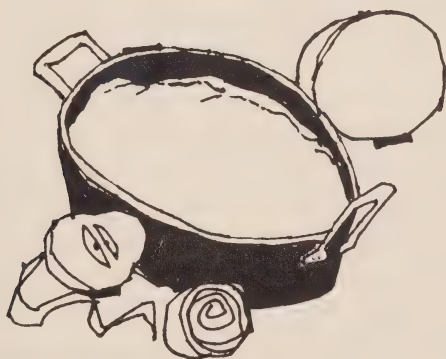
Fluffy Turnips (Serves 6)

2 lbs fresh turnips	2 tsp finely chopped onion
1 can beef consomme	
½ tsp sugar	2 tbsp chopped fresh parsley

- Slice, pare, and cube turnips.
- Cook in consomme over medium heat until tender (30 to 40 min).
- Do not drain, mash and beat until fluffy.
- Add sugar, chopped onion, and parsley if desired.
- Reheat and serve with meat dishes.

IN THE OVEN

Turnips may be combined in many ways, with other ingredients, to make attractive, easy, and delicious casserole dishes.



Turnip-Onion Casserole (Serves 6)

2 lbs turnips	1 chicken bouillon cube
3 c thinly sliced onions	
salt and pepper	½ c boiling water
	2 tbsp butter

- Heat oven to 400° (moderately hot).
- Peel and cut turnips in thin slices.
- Arrange alternate layers of turnips and onions in greased 2½-qt casserole.
- Sprinkle layers lightly with salt and pepper.
- Dissolve bouillon cube in boiling water and pour over vegetables.
- Dot with butter, cover and bake 1¼ hr, or until turnips are tender.

Scalloped Turnip and Apple Casserole

(Serves 6 to 8)

- | | |
|--|-----------------------------------|
| 1 large turnip (peeled and diced) | $\frac{1}{3}$ c all-purpose flour |
| 1 tbsp butter | $\frac{1}{3}$ c brown sugar |
| $1\frac{1}{2}$ c sliced apples (peeled) | 2 tbsp butter |
| $\frac{1}{4}$ c brown sugar (scant) mixed with a pinch of cinnamon | |

- Cook turnip in small amount of boiling salted water until tender.
- Drain and mash, add 1 tbsp butter.
- Toss sliced apples with the $\frac{1}{4}$ c brown sugar and cinnamon.
- Arrange alternate layers of mashed turnip and sliced apples in greased casserole (2 qt) beginning and ending with turnip.
- Mix together until crumbly: the flour, $\frac{1}{3}$ cup brown sugar, and 2 tbsp butter.
- Sprinkle over top of casserole and bake at 350° for 1 hour.

Baked Turnips (Serves 6 to 8)

- | | |
|-------------------------|--------------------------|
| 2 lbs turnips | $1\frac{1}{2}$ tsp sugar |
| $\frac{1}{4}$ c butter | $\frac{1}{3}$ c water |
| $1\frac{1}{2}$ tsp salt | |

- Slice, pare, and dice turnips; place in greased casserole with remaining ingredients.
- Cover and bake at 350° until turnips are tender (about 1 hour).

Glazed Turnips (Serves 4)

- Parboil $\frac{1}{4}$ " slices of turnips in small amount of boiling salted water for 5 min.
- Drain and place in a shallow baking dish.
- Combine 1 c brown sugar, $\frac{1}{2}$ c water, and $1\frac{1}{2}$ tbsp butter; pour over turnip slices. (This amount is sufficient for 12 slices of turnips).
- Bake at 350° until turnips are tender (about 45 to 60 min), basting frequently.

Honeyed Turnips

- Slice turnips, pare, and cook in boiling salted water until tender.
- Drain and place in a shallow, greased baking dish.
- Cover with mixture of 1 c honey and $\frac{1}{3}$ c melted butter.
- Bake at 350° for 20 to 30 min.
- Turn turnips once, and baste several times.

Two good suggestions for using leftover turnips:

Turnip Puff (Serves 4)

- | | |
|---------------------------------|------------------------|
| 2 c mashed cooked turnips | $\frac{1}{4}$ tsp salt |
| 1 c soft bread crumbs | $\frac{1}{2}$ c milk |
| 1 tbsp sugar | 1 egg |
| $\frac{1}{4}$ tsp ground mace | 1 tbsp butter |
| $\frac{1}{8}$ tsp ground ginger | |

- Heat oven to 350° (moderate).
- Season mashed turnips with butter, salt and pepper to taste.
- Combine turnips with bread crumbs and sugar, and mace and ginger to taste.
- Combine milk and egg; stir into turnip mixture.
- Pour into greased 1 qt casserole and dot with 1 tbsp butter.
- Bake 45 min until top is lightly browned.

Turnip Whip (Serves 4)

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|---|--|
| 2 c mashed turnips | 1 tbsp butter |
| 3 tbsp milk (more or less according to consistency of mashed turnips) | 2 eggs, separated salt and pepper to taste |

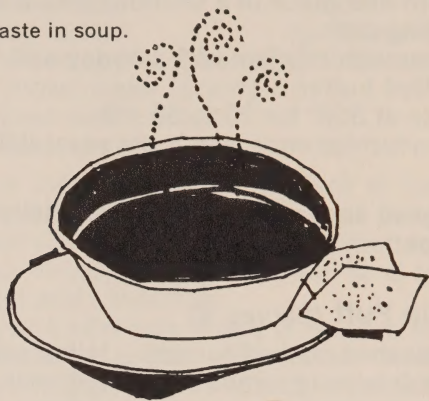
- Beat egg yolks and milk together.
- Add salt, pepper, butter, and turnips, mixing thoroughly.
- Place egg whites in casserole and beat until stiff peaks form.
- Fold turnip mixture into beaten egg whites.
- Bake 30 min at 350°.

Note—if this is baked in individual dishes, less cooking time is required.

IN THE SOUP

Diced turnips may be used to add color and flavor to vegetable or barley soups.

Good taste in soup.



Turnip and Potato Soup (Serves 4)

- | | |
|----------------------------------|-------------------------|
| 1 small turnip (1 lb) | $\frac{3}{4}$ tsp sugar |
| $1\frac{1}{2}$ c water | 2 tbsp butter |
| 1 tsp salt | seasonings |
| 3 medium potatoes, thinly sliced | parsley |
| 2 c milk | |

- Peel and cut turnip in small chips.
- Add water and salt; cook 15 to 20 min.
- Add sliced potatoes and continue cooking about 10 min.
- Do not drain.
- Mash thoroughly; add milk, sugar, butter, and additional salt, if needed, and a dash of pepper.
- Reheat and serve piping hot garnished with chopped parsley, if desired.

IN THE STEW

Add diced turnips alone or in combination with other vegetables to enhance the flavor of a meat stew.

IN THE SALAD

Raw turnip strips contribute vitamin C and attractive color to relish trays and salads.

Crisp Winter Salad (Serves 4)

- | | |
|--|---|
| $\frac{1}{2}$ c raw turnip,
coarsely grated | $\frac{1}{4}$ c peanuts, chopped |
| 1 c shredded
cabbage | 1 tbsp lemon juice |
| 1 c red apples, diced
and unpeeled | $\frac{1}{4}$ c cooked salad
dressing or
mayonnaise |
| $\frac{1}{4}$ c raisins | |

—Combine the lemon juice with the salad dressing.

—Immediately before serving, toss all ingredients together.

Spring Salad (Serves 3 to 4)

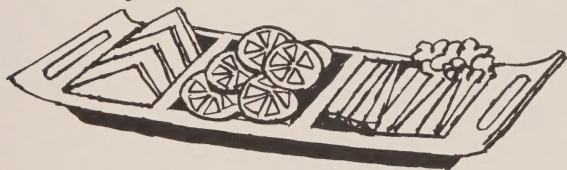
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| $\frac{1}{2}$ c grated, raw turnip | about 2 c shredded |
| $\frac{1}{2}$ c thinly sliced celery | lettuce |
| 1 or 2 chopped green
onions | French or Italian
dressing |
| 1 or 2 radishes, sliced
paper-thin | |

—Combine all ingredients.

—Just before serving, toss lightly with dressing.

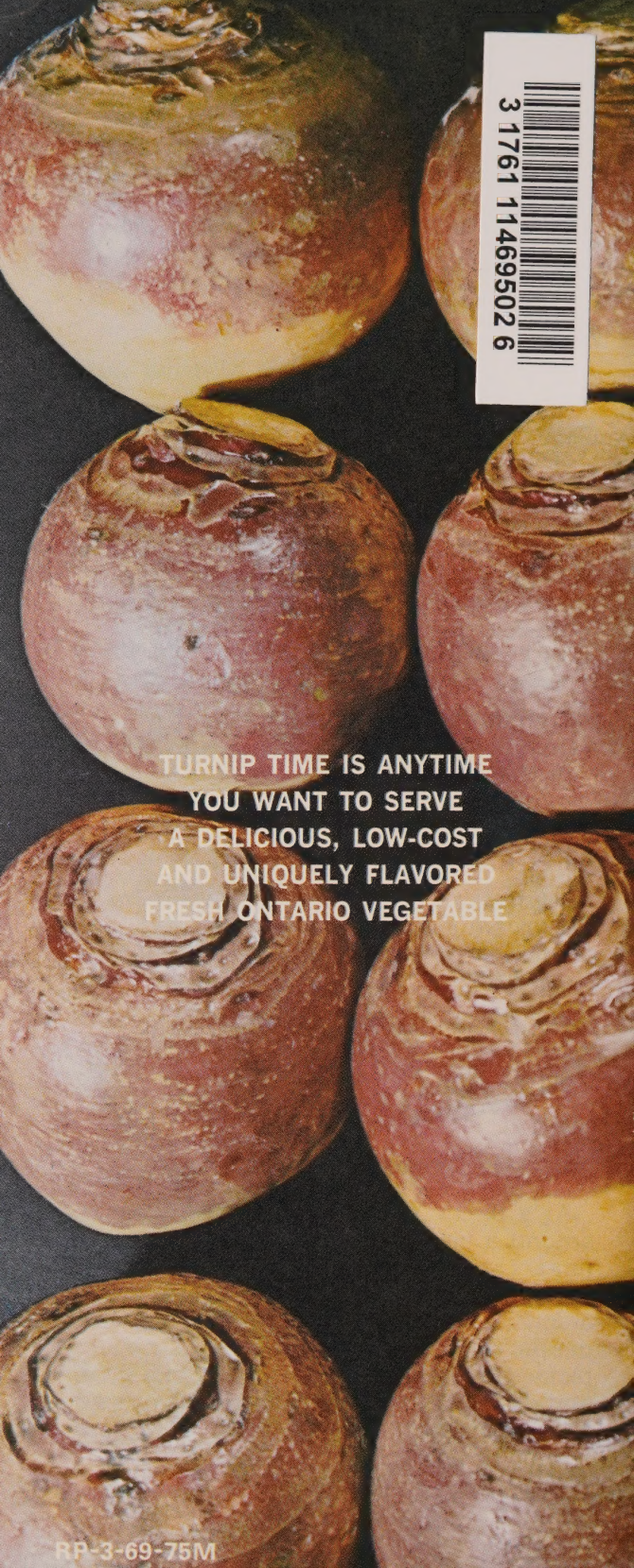
AT A PARTY

As slim sticks, fancy curls, or minute triangles, turnips are good when served as "pick-ups" for dips, or combined with other vegetables on a relish tray.

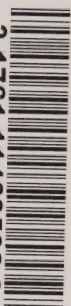


Welcome on the relish tray.

At a party, serve these turnip teasers around a bowl of sour cream. Tangy turnip fingers are good company for carrot sticks or curls, raw cauliflower flowerettes, spring onions, cucumber fingers, tomato sections, pepper rings, radishes, gherkins, dill pickles, pickled onions, pickled mushrooms, green and ripe olives, and any other crisp or spicy relish food.



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**TURNIP TIME IS ANYTIME
YOU WANT TO SERVE
A DELICIOUS, LOW-COST
AND UNIQUELY FLAVORED
FRESH ONTARIO VEGETABLE**

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